



# FROM REGRET TO REPENTANCE

*UNOFFENDABLE | WEEK 6*  
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## Key Points

- Internal offense and self-unforgiveness can be as damaging as external offenses from others.
- Carrying shame and guilt has both spiritual and physical consequences, as David described in Psalm 38.
- Both Judas and Peter failed Jesus publicly, but their responses to failure determined their outcomes.
- Isolation in shame leads to destruction, as demonstrated by Judas's tragic end.
- Regret is not the same as repentance—regret focuses on feeling bad while repentance leads to transformation.
- Jesus intentionally restored Peter around a charcoal fire, mirroring the place of his denial with three questions matching his three denials.
- Repentance requires four essential components: honesty (not hiding), agreement with God (confession), change of direction (turning around), and practical action (removing what leads to sin).
- God seeks us out in our shame not to condemn us but to restore us.
- Hiding from God is ineffective—He comes looking for us like He did with Adam and Eve.
- True freedom comes from bringing our failures to God rather than managing them on our own.

**CONTINUE READING →**

## Scripture References

Psalms 38:3-4

Matthew 26:47-50

Matthew 26:33

Matthew 26:69-74

Luke 22:60-62

Matthew 27:1-5

John 21:2-3

John 21:7

John 21:9

John 21:15-17

1 John 1:8-9

John 12:4-5

Acts 2:38

Proverbs 26:11

Matthew 5:29-30



### Discussion Questions

1. How does the difference between regret and repentance manifest in your own spiritual journey, and which one have you been practicing more often?
2. Peter and Judas both betrayed Jesus, yet their outcomes were drastically different. What specific choices did Peter make that led to his restoration rather than destruction?
3. Jesus intentionally gathered Peter around a charcoal fire to restore him in the same setting where he denied Him. What does this teach us about how God approaches our places of deepest shame?
4. Many of us hide from God like Adam and Eve, thinking if we don't acknowledge our sin, God won't see it. What are the common ways you try to hide your failures from God or others?
5. The sermon describes repentance as honesty, agreement with God, change of direction, and removing what leads to sin. Which of these four aspects is most challenging for you, and why?